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Four years after fleeing war, Syrian immigrant takes his
Calgary clothing business to the next level, **metroNEWS**

ELIZABETH CAMERON/FOR METRO

Drug takes lives at alarming rate

CARFENTANIL

**'Extremely
dangerous'
opioid linked to
15 deaths in 2016**



**Lucie
Edwardson**
Metro | Calgary

An opioid said to be 100 times more toxic than fentanyl has already been linked to 15 Alberta deaths in 2016 — a troubling trend for the province's chief medical officer of health.

Dr. Karen Grimsrud, along with Dr. Elizabeth Brooks-Lim, acting chief medical examiner, said carfentanil continues to flow in Alberta, and Monday released details that the drug was linked with 15 deaths — 14 of which occurred between September and the end of November.

"I'm deeply concerned about the increasing number of deaths associated with carfentanil. It's possible these individuals were not aware they were taking it," said Grims-

rud. "Albertans need to know that carfentanil is here — in Alberta cities and towns — and that it's an extremely dangerous and deadly opioid. Even the smallest trace can be lethal."

The province has embraced a harm reduction approach to dealing with the opioid crisis gripping Alberta, working in co-ordination with other community organizations.

Prevention, treatment and enforcement are the primary areas the province has deployed available resources.

Recently, the Alberta NDP has come under fire for not declaring a public health state of emergency to deal with the province's opioid crisis. They've maintained that it isn't warranted in the case of a mental health or drug problem, but rather for a highly contagious disease.

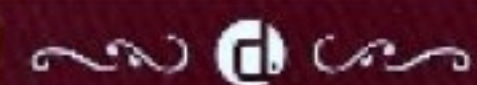
According to the province, as of Sept. 30, 193 people have died in Alberta of apparent drug overdoses related to the opioid fentanyl.

That compares with 205 fentanyl-related deaths during the same period in 2015. Carfentanil is said to be 100 times more potent than fentanyl.



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TRIAL

Naturopath mom says she failed son

A woman who treated her son with dandelion tea and oil of oregano before he died testified Monday that she didn't understand how sick he really was and that he was still alive when she finally called for help.

Tamara Lovett, 47, took the stand in her own defence to answer to charges that she failed to provide her seven-year-old son with the necessities of life and is guilty of criminal negligence causing his death.

Ryan Alexander Lovett died in March 2013 after getting a strep infection that kept him bedridden for 10 days. Alberta's acting chief medical examiner testified last week that the boy's body was full of group A streptococcus, which caused most of his major organs to fail.

The medical examiner also said that it appeared that Ryan had died well before paramedics responded to Lovett's panic-stricken, early-morning 911 call on March 2, 2013.



I never thought he had anything that I couldn't treat.

Tamara Lovett

"I did everything I was told on the phone and they want to make it sound like he was dead for hours. He wasn't. He wasn't," Lovett sobbed on the stand.

Lovett told court she failed her son.

"As a mother, you never want to have that happen and, yeah, I failed because I didn't know he was that sick. I just thought he was sick. I didn't know. I'm so sorry."

She said she had thought Ryan had a cold or the flu and she had treated him with holistic medicines. She didn't think his swollen lymph nodes, an oozing ear infection and jaundiced eyes were anything she couldn't handle.

"I'd do nothing to harm the child or do anything I didn't think was right for the child," she said.

"Sorry, did you just say you wouldn't do anything to harm the child? That's not what happened, is it? Your failure to get medical care for your son resulted in his death. How can you say you weren't harming your child?" asked Crown prosecutor Jonathan Hak.

"I did not realize ... how bad it was until after the fact and to this day I live with that," Lovett said.

"I failed and I admit that."

THE CANADIAN PRESS

Council wastes time on suites to the last

CITY HALL

Some speak out over secondary suites rules



We can't just leave well enough alone at city hall, and even the last public hearing of the year can't help but poke the secondary suite bear.

After hearing more than 100 suite applications, the cherry on top of a year full of marathon meetings was a secondary suite agenda item before councillors Monday. Unlike the ones before, or after it, the applicant stepped forward to speak.

He kindly told councillors that he wasn't interested in the land-use resignation because his neighbours were unhappy. End of the story, right?

Wrong. As Mayor Naheed Nenshi pointed out to reporters at the lunch break, after the public sat through more than 20 minutes of debate on an item the appli-



Coun. Shane Keating: "I'm not sure we have a broken system, what we have is an inflexible system."



Coun. Diane Colley-Urquhart: "I hope that something can be worked out on a go-forward basis."

cant no longer wanted, once an item is on the floor, it belongs to council.

"It's a very strange procedural issue," said Nenshi. "What a couple of my colleagues were really highlighting is that they didn't really like the thought that the neighbour's arm twisted the owner into doing something different than what the owner wanted to do."

In that 20 minutes, councillors stood up to try and procedurally abandon the item, which failed, and then some even took time to tell the man he was a

good neighbour, and it was a shame that he no longer wanted to build a suite – because the land parcel happened to be a great fit, in terms of planning, for a basement apartment.

Although there weren't tears during 2016's final round of secondary suite debates, several members of council, including the mayor, again stood up to say: this isn't right.

But not all councillors felt that way, including Couns. Jim Stevenson (who votes against each secondary suite application) and Keating.

"I don't feel bad for the applicant, I actually respect the applicant," said Keating. "I'm not sure we have a broken system, what we have is an inflexible system... we tried to look at many ways we can make this better, but it seems like if it's not exactly the way we want it, it can go nowhere."

With 2017 around the corner, and council still at a stalemate for suite reform, only a municipal election will shuffle the deck on the city's process — or not. It depends how the cards fall.

RICK MERCER REPORT

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JOBS

Plants to get \$500M in credits

The Alberta government is pledging half a billion dollars in royalty credits to two petrochemical projects planned for an industrial area north of Edmonton.

Energy Minister Marg McCuaig-Boyd says the projects to convert propane into high-value plastic or plastic feedstock will diversify the economy and provide thousands of construction jobs. Both projects had previously been announced by their Calgary-based pipeline company recipients.

Pembina Pipeline is to receive up to \$300 million in royalty credits for its proposed integrated propylene and polypropylene facility in Sturgeon County to be built for about \$4 billion. Inter Pipeline is to receive up to \$200 million in credits for its proposed \$1.85-billion propylene facility in Strathcona County, a project it inherited when it bought Williams Canada in September.

THE CANADIAN PRESS

RIDESHARING

Uber returns to Calgary

After dotting Ts and crossing Is, Uber is good to go in Calgary — legally this time. On Tuesday, as the court injunction against the rideshare giant's drivers has been lifted, more than 200 registered ride-for-hire operators will take to Calgary streets. The City of Calgary agreed to lift the injunction, on the condition that the multi-billion dollar company agree to discuss covering the city's investigative, and court costs to file the original injunction last year. HELEN PIKE/METRO

Car for scooter guy after storm struggle

VIRAL VIDEO

Risky ride inspires help for 'kind man'



Josie Lukey
For Metro | Calgary

A man riding a scooter down the QEII highway in the middle of a blizzard Sunday is now being donated a vehicle from AutoMaxx Calgary.

Chris Thin, general manager of AutoMaxx Calgary said he will be donating the man a 2010 Dodge Charger SXT all-wheel drive because the man's story completely compelled Thin.

"It clearly did not look safe," said Thin, who added when he first saw the video he couldn't believe someone would take the risk of driving in those conditions.

According to a close friend, the man was heading home after church on Sunday.

Heather Wald, who attends White Fields Calvary Church in Airdrie with the man, said he's a very kind man who's always first to offer help and last to leave when help is needed.

"Seriously, this whole crazy video thing couldn't have happened to a better person. They just don't have the funds to make ends meet," said Wald.

The man, whom Metro has agreed not to identify, was caught on camera last Sunday by Calgary Realtor Kim Star.

"He was probably going home to northeast Calgary from Airdrie after church on Sunday when Kim made that video," said Wald.

The man works as a labourer for Stuart Olsen, where Wald de-



A man was caught on video riding a scooter down the QEII highway last Sunday. Now people are trying to raise money to buy him a car. FACEBOOK



Chris Thin, general manager of AutoMaxx Calgary, said he is donating a Dodge Charger to the man. CONTRIBUTED

scribes him as the main breadwinner for his mother — who is unable to work — and his two nieces.

According to Wald, the man is developmentally delayed but has his driver's licence.

"If you put yourself in his position, he has a house to pay for, his mom to support, food to pay for and bills to pay," said Wald. "He's just tenacious, he's like, 'OK, if I can't drive my car

and I have to get to work and this is how it's going to happen," said Wald.

Wald, who helped set up a Go Fund Me page for him, said she wants to help get him a reliable vehicle with some winter tires and to pay for the insurance so he could drive a little more safely.

The page was formally set up by Tyler Hall of 98.5 Virgin Radio who said it's been a tough

year living in Calgary and in a weird way the video is really hitting people to give. Calgarians have already raised more than \$3,200, with a fundraising goal of \$15,000.

Rob Banman is a contractor who has hired the man a couple of times when he was laid off and got to know him and his family over dinners.

Banman said when he first told the man how viral the video of him went and how many people want to help him, the man was confused.

"He knows people are trying to get him some money for a car," said Banman.

"He mostly said he didn't want people thinking he was a charity case.

"However, to be really honest with you, if I didn't know the guy and I just kind of knew about him — he does need charity. The guy works his a** off for his mother and his two nieces and we try to help him out when we can," said Banman.

HOMELESSNESS

Cold snap straining shelters



Brodie Thomas
Metro | Calgary

Calgary's first cold snap of the winter is already putting a strain on the city's homeless shelters.

Calgary Drop In spokesman Jordan Hamilton said while the Drop In isn't being overwhelmed with people seeking shelter, the need for supplies is more apparent.

"I haven't been able to walk through the hallways without someone asking me for a scarves or a hat or gloves," said Hamilton.

He said the Drop In does have kits they call 'Frosty Bites' that contain things like, hats, scarves, socks and even chapstick, which they hand out to anyone in need.

Hamilton said people wishing to donate those particular items can't go wrong.

"This weekend we had someone come in with about 100 homemade scarves, which is wonderful," he said.

The beds are already spoken for at the Salvation Army Centre Of Hope on 9 Avenue SE, but executive director Karen Livick said things always pick up when the temperature drops.

She said the shelter has a small supply of gloves, mittens and socks that were recently donated, but she expects to go through those fairly quickly. Donations are welcome 24 hours a day at the Centre of Hope's front desk.

Adam Melnyk, outreach manager at Alpha House, said the DOAP Team is out on Calgary's streets, making sure people are dressed appropriately, and those who aren't are taken somewhere warm.

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Syrian eyes expansion

FASHION

Omar Lababidi opened Muslim clothing store two years ago

Elizabeth Cameron
For Metro | Calgary

When Omar Lababidi came to Canada from Syria, he saw a gap in the retail market when it came to attire for Muslim women.

He bought a home in north-west Calgary with the intent to convert its basement into a clothing boutique.

Fancy Label, in operation for two years now, offers a variety of scarves, abayas, coats, and tunics for Muslim women of all backgrounds.

Lababidi managed and owned three women's clothing stores in the Syrian city of Homs, with about 10 employees on his roster.

Homs has been under siege and the target of constant



Omar Lababidi organizes a rack of abayas, a popular garment for Muslim women, at his home where he operates his boutique, Fancy Label. Lababidi decided to open the store after leaving behind war-torn Syria and coming to Canada. ELIZABETH CAMERON/FOR METRO

bombings since 2011.

When the siege began, Lababidi said people inside the city began demonstrating

peacefully in the streets.

He went out to demonstrate nearly every day for a year. After several months, he said

the government started using weapons against them. The situation was becoming dire.

"We had no electricity, no

water, no food. You (couldn't) leave your house, (couldn't) go to your job," he said.

"It was very scary."

After a year of living under siege, the family decided to flee Syria. Lababidi's wife had dual citizenship in Canada, which would allow his then two-year-old daughter, Nour, to become a citizen in their new home relatively quickly.

The Lababidi family travelled through Lebanon, Jordan, Qatar, Montreal, and finally, Calgary.

"My only thought was that I had to save my family," Lababidi said.

Since arriving in Canada, the family has expanded to include two healthy and happy boys.

Almost two years since he welcomed his first customer to his home in Calgary, Lababidi is looking for a space to open his first retail store.

"Day by day, the people have started to trust us and come to shop. Now we have a serious intention to get a store within four or five months," he said.

"It feels wonderful. Canada is a very nice, safe country to establish a business."

CURRICULUM REBUILDING

Parents call for release of group's identities



Lucie Edwardson
Metro | Calgary

As the provincial government begins the undertaking of a full curriculum overhaul the names of individuals at the reins — the "expert working groups" — aren't being made public.

It's something a parent advocacy group says just doesn't fly.

"We need a list of who is in the groups," said Calgary Association of Parents and School Councils (CAPSC) representative, Althea Adams. "This involves our kids and is a major rewrite. The maximum transparency is needed."

Starting back in October, the expert working groups began drafting for K-12 curriculum content in language arts, math, social studies, arts education and wellness, for Alberta Education's consideration.



We are puzzled why this is a secret since they started two months ago.

Althea Adams

Alberta Education said the groups are made up of 60 Alberta Education staff, 250 experienced teachers and 40 post-secondary instructors and professors across subject areas.

"Alberta Education requested and received nominations from school authorities and post-secondary institutions from across the province," said the ministry in an emailed statement. "(Group members) were selected based on criteria including: knowledge of curriculum, teaching experience, familiarity with current research, and recognized leadership in a subject or subject areas."

The statement added that expert working groups had a balanced representation of the province's demographic and diversity including Francophone, First Nations, Métis and Inuit communities.

Adams said despite this information, CAPSC doesn't understand why the names of individuals in the expert working groups aren't being made available.

"This should have been released as a matter of course," she said.

"We are puzzled why this is a secret since they started two months ago."

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UNIVERSITY OF CALGARY

Stand against gender violence: Event speaker

Gender-based violence is a men's issue, according to a man speaking at an event in Calgary to mark the National Day of Remembrance and Action on Violence Against Women.

"When we don't stand up or speak up, even if we're not perpetrating violence, we're allowing it to happen. We're allowing it to be normalized," said Jeremy Loveday, a poet and city councillor in Victoria, B.C.

The day of remembrance and action was marked after the murder of 14 women at École Polytechnique in Montreal on Dec. 6, 1989.

There are vigils being held across Canada to mark this tra-

gedy, and the University of Calgary is hosting a panel discussion and speaking event to draw attention to gender-based violence prevention.

Loveday is speaking and performing some of his poetry at the event. This year, the university is focusing on a theme which came up in Alberta politics recently — standing up for victims if you are witness to gender-based violence.

"If your friend makes a sexist joke, it's as simple as asking them, 'Hey, why do you think that's funny?'" Loveday said.

The event is being held at the U of C's Rozsa Centre on Dec. 6, from 12-1 p.m.

ELIZABETH CAMERON/FOR METRO



Jeremy Loveday will speak at the U of C's National Day of Remembrance and Action on Violence Against Women.

ELIZABETH CAMERON/FOR METRO



Teachers took to social media Monday to show what they were doing in empty classrooms. TWITTER

A bad day for education

LABOUR

Minister called on to quit after all Nova Scotia schools closed



Zane Woodford
Metro | Halifax

Calls for the resignation of Nova Scotia's minister of education bounced off the walls inside and outside the Nova Scotia House of Assembly on Monday, but to the minister herself, the idea was laughable.

After shutting down every school in Nova Scotia on Saturday, Minister Karen Casey announced Monday that they'd reopen Tuesday, citing a change in the directives around the Nova Scotia Teachers Union's

planned work-to-rule job action. Casey had said on Saturday that the union's work-to-rule job action would make schools unsafe for children, leaving her with no choice but to close them.

"Those circumstances have now changed, and they've changed for the better," Casey said Monday afternoon.

The leader of the province's Progressive Conservatives, Jamie Baillie, called on Casey to resign.

"The government really decided to play politics with students and classrooms," Baillie said Monday. "They closed the schools, causing great hardship to all Nova Scotia families on the pretext of safety. That pretext was blown out of the water for the lie that it is today, and now the government's credibility is in tatters."

During an eight-minute press conference for which the min-

ister was 25 minutes late, Casey laughed when asked if she was considering resigning.

"I have no intention of resigning," she said.

By the end of the day Monday, the crowd outside the House of Assembly numbered in the hundreds, and speakers, to cheers, called for Casey's resignation.

Maylia Parker and her husband Jeff brought their kids Mattias and Ella to the protest Monday morning, wanting to give them a lesson in politics.

"We decided instead of going to work today, we would take this time to educate our kids on civic duty, and democracy, and how this process works," Parker said, calling the government's reason for closing schools "a crock, a complete excuse."

"The government did a good job of pissing off parents, they really did," she said.

ELECTIONS

Tax breaks could put women on the ballot

A House of Commons committee that suggested dramatic changes to how Canada votes also wants parties to get a financial incentive to put more women on the ballot.

The Special Committee on Electoral Reform released their report last week.

According to advocacy group Equal Voice, there were 97 ridings in the last federal election where there were no women on the ballot for the major three parties. Currently, 27 per cent of MPs are women.

RYAN TUMILTY/METRO IN OTTAWA

Defence worker in \$1M Kijiji jam



Haley Ritchie
Metro | Ottawa

A National Defence worker allegedly stole more than \$1.2 million worth of computer equipment over four years by using false purchasing orders, court documents show.

Andrew Heggaton, 33, was a civilian employee with the Department of National Defence inside the Canadian Forces Crypto Support Unit. He was fired in 2015 after an investigation caught him creating false documents and stealing computer

equipment, the documents say. Heggaton was caught in the act on March 6, 2015, the court file says, with stolen parts totalling over \$5,000 found on his person.

The parts he was caught with in March were the latest in a long-running con that saw him order over \$1.2 million worth of merchandise on behalf of the government, the court documents allege.

Heggaton would allegedly order computer parts for the department with fake purchasing orders and pocket the money after reselling them on Kijiji.

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'The whole world is watching' activists

STANDING ROCK

After massive achievement, protesters vow to keep fighting

Protesters who celebrated a major victory in their push to re-route the Dakota Access oil pipeline vowed to remain camped on federal land as they wait to find out whether president-elect Donald Trump might seek to overturn a decision that delayed the \$3.8-billion project.

The American Petroleum Institute, which represents the U.S. oil and natural gas industry, urged Trump to make approval of the disputed pipeline a "top priority" once he takes office next month, but a Trump spokesman on Monday offered few clues about how the incoming president might address the matter.

The Army Corps of Engineers

on Sunday denied a permit for the pipeline to cross under the Missouri River in southern North Dakota near the Standing Rock Sioux Reservation. The tribe believes the 1,900-kilometre pipeline to transport oil threatens drinking water and cultural sites.

"I am hopeful President-elect Trump will reject the Obama administration's shameful actions to deny this vital energy project," American Petroleum Institute president and CEO Jack Gerard said in a statement late Sunday.

Trump supports construction of the pipeline, spokesman Jason Miller said Monday, but Miller wouldn't say whether Trump would reverse the Corps' decision. The uncertainty of what Trump will do is keeping many supporters in the camp despite winter conditions.

"The whole world is watching," said Miles Allard, a member of the Standing Rock Sioux. "I'm telling all our people to stand up and not to leave until this is over." THE ASSOCIATED PRESS



Fireworks fill the night sky after activists learned an easement had been denied for the Dakota Access Pipeline near the Standing Rock Sioux Reservation on Sunday night. GETTY IMAGES

WASHINGTON, D.C.

From online rumour to genuine violence

The bizarre rumours began with a leaked email referencing Hillary Clinton and sinister interpretations of references to pizza parties. It morphed into fake online news stories about a child sex trafficking ring run by prominent Democrats operating out of a Washington, D.C., pizza joint.

On Sunday, it culminated in violence when police say a North Carolina man fired an assault rifle inside the Comet Ping Pong restaurant as he attempted to "self-investigate" the conspiracy

theory known on the Internet as "Pizzagate." No one was hurt and the man was arrested.

THE ASSOCIATED PRESS



Edgar Maddison Welch surrenders to police Sunday. SATHI SOMA/THE ASSOCIATED PRESS

OAKLAND

No more bodies expected in fire

Terry Ewing was among the anxious family and friends who received confirmation Monday of what he already knew in his heart: His girlfriend was among the three dozen killed in the Oakland warehouse fire.

Authorities confirmed the death of Ara Jo as the death toll rose to 36. Prosecutors also said Monday that murder charges could result from

their investigation into the fire that broke out during an underground dance party at a building known as the "Ghost Ship."

Alameda County Sheriff Gregory Ahern said he didn't believe there would be additional bodies found in what is the most lethal building fire in the U.S. in more than a decade.

THE ASSOCIATED PRESS

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CHANTAL HÉBERT ON THE 'LOCK HER UP' CHANT



Does Chris Alexander not believe that those who aspire to leadership positions have a responsibility to draw the line at what constitutes gratuitous abuse versus legitimate debate?

What could former immigration minister Chris Alexander have been thinking?

On Saturday, the federal Conservative leadership hopeful spoke at an Alberta rally against that province's planned carbon tax.

As he regaled the crowd with an invitation to vote out NDP premier Rachel Notley, protesters began the "Lock her up" chant that was one of the more despicable features of president-elect Donald Trump's campaign.

A video of Alexander shows him smiling and then nodding along and gesturing in time with the chant.

He then resumed speaking — for about a full minute — but never alluded either to the chant or to what he subsequently said was his sense that it was totally inappropriate.

He told the CBC: "I was smiling because I was trying to think of a way to change the chant."

To Maclean's, he maintained that he disapproved of the chant but that he believed one should listen to constituents.

But the latter did not stop Jason Kenney — even as he is campaigning for the Tory leadership in Alberta — from calling out the protesters.

As opposed to Alexander, Kenney does have a dog in the provincial fight against Notley. He tweeted: "There

are good reasons to oppose a carbon tax. But calling on our democratically elected premier to be 'locked up' is ridiculous and offensive."

Just last week on CBC's The National, Alexander agreed to read some of the abusive

debate?

One can only wonder why Alexander spoke at the demonstration in the first place. Federal leadership aspirants — or at least those who are considered serious contenders — do not normally take the



BODY LANGUAGE Conservative leadership candidate Chris Alexander smiled while his supporters called for the sitting Alberta premier's incarceration. THE CANADIAN PRESS

e-mails and tweets he received for his role in handling the Syrian refugee crisis.

The main point of the exercise was to expose how social media has become a vehicle to spread hatred against politicians and their families in general and women in politics in particular. Vile language is increasingly becoming par for the course in Canada's public debate — at some cost to citizen engagement.

For every protester validated by Alexander's silence on Saturday, there are likely many who found his complacent silence at least as disturbing as the chant itself.

Does he not believe that those who aspire to leadership positions have a responsibility to draw the line at what constitutes gratuitous abuse versus legitimate

stage at protests against sitting provincial governments. There are good reasons for that.

As often as not the stuff that party supporters dislike in one province is party policy in another.

In Alexander's own province of Ontario, Tory leader Patrick Brown, a former federal caucus colleague, subscribes to the necessity of pricing carbon.

In Manitoba, Conservative Premier Brian Pallister — yet another former federal Conservative caucus member — has promised to deliver a made-in-Manitoba carbon-pricing plan.

Both are leaning towards a revenue-neutral carbon tax.

Alexander left diplomacy for elected politics less than a decade ago. At the time he

was considered a star recruit. But the go-along-to-get-along attitude that may have been an asset in diplomatic circles has not served him well in politics.

It is not the first time he has missed an opportunity to show that he is neither tone-deaf nor spineless.

With Canadians reeling from the photographs of the lifeless three-year old Alan Kurdi at the time of the 2015 federal campaign, he gave the CBC an interview about the Syrian refugee crisis that was so devoid of empathy that it probably went some way to costing him his seat.

In the days leading up to the vote he, along with leadership rival Kellie Leitch, took on the dubious mission of promoting a government snitch line to report so-called barbaric cultural practices.

Prior to throwing his hat in the leadership ring, Alexander said in an interview that both issues had been mishandled. He believes that contributed to the Conservative defeat. They were also the only two campaign events that featured him in a frontline role. Not that it is really an excuse, but in contrast with Saturday's appearance in Alberta, he could at least be assumed to have been acting on orders from the campaign brain trust.

On Tuesday evening, the 14 men and women who are currently vying for Stephen Harper's succession will take part in the first of two debates designed to offer a measure of how fluent they are in both official languages.

That may be the only test of leadership the bilingual Alexander will pass with flying colours.

Chantal Hébert is a national affairs writer.

In search of an ally in Christmas-music hate



Emma Teitel

Why is it that every December otherwise well-adjusted people appear totally content to listen to the same songs over and over and over again, as though, all of a sudden, they have the short-term memory of gold fish?

Why do friends who regularly complain about the monotony of Top 40 radio stations insist on listening to "Little Drummer Boy," "Jingle Bell Rock" and "Santa Baby" on an endless loop for 30 days straight?

I'm aware I sound like a Grinch and that, being Jewish, I may never know or understand the answer to the Mystery of the Christmas Music Plague. But I also doubt religion is even relevant to the issue. I know more Jewish people (my wife included) who love Christmas music than those who loathe it, and it just so happens that around half of the most popular Christmas songs on the radio today, including "Let it Snow" and "Winter Wonderland" were written by Jews.

Why, then, do so many of us, irrespective of faith, not merely tolerate Christmas music, but rejoice in the cheery noise pollution year after year?

For an answer, I decided to reach out to an old friend, Daniel Kornblum, who as a teenage boy worked through six Christmas seasons at the Hillcrest Mall Sport Chek, in Richmond Hill, where we grew up. I thought if anyone could speak to the misery and mystery of the Christmas music plague it would be Daniel (also Jewish). But his recollection was a lot less grim

than I expected.

The prevailing feeling among store staff, he said, was an "Ugh, here we go again," almost humouring the situation, dealing with it, recognizing that nobody loves it but it's part of December." Daniel admitted that though he was initially vexed by the non-stop medleys, he quickly caught himself singing along. His favourite was and remains to this day, "Jingle Bell Rock."

In light of Kornblum's unexpected generosity of spirit, and in search of a Grinchier account, I turned to Michael Rowe, an author of horror fiction, who in 1985 worked as a Santa Claus in the Toronto Eaton Centre. But no such luck. Rowe loves Christmas music to this day and remembers the Santa mall job as one of his best.

He did acknowledge that non-stop Christmas music could sometimes have a "deadening effect" akin to "Chinese water torture." But, he concluded, "the first few days of it, for retail workers who love the holiday are exhilarating. And for shoppers, it unlocks memory codes, which — if they're happy memories — make the crowds and the overheated malls a bit more bearable."

Leave it to a former Santa to solve the Mystery of the Christmas Music Plague. The holiday's musical offerings might be irritating and repetitive, but they are also a loud-and-clear reminder that good times, good company and good food await. And in a season when the sun sets at 4:45 p.m., that reminder might be as indispensable to the human spirit as it is interminably annoying.

I suppose I can live with that.

This is not the first time Alexander has missed an opportunity to show that he is neither tone-deaf nor spineless.

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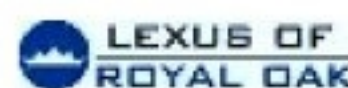


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Doctors' diagnosis: burnout

MEDICAL PROFESSIONALS

Working 100+ hours per week takes a toll on residents

Genna Buck
Metro



Imagine this was your schedule: All week, your alarm buzzes at five a.m. You're at work by six, and then it's non-stop until eight or nine at night. Lunch break? If you're lucky.

The next day, you're on call for 24 hours. You may or may not get to sleep.

That's life as a medical resident in Canada. In most specialties, residency is a four-year marathon after med school: 100-hour workweeks, evenings spent studying and up to seven 24-hour call shifts a month, except in Quebec, where they're capped at 16 hours. Experts have been debating for decades about whether doctors who work such long days hurt patients — or themselves.

Their focus has shifted since 2013, when a research report from Canada's doctors' associations found, surprisingly, no clear evidence that patient safety improves when doctors aren't allowed to work above a certain number of hours per week

MAXED OUT: HOW CANADA COMPARES

Canadian residents look to be burdened with a heavier load than their global counterparts. Here's a breakdown of the maximum hours per week doctors around the globe can work.

New Zealand: 72

European Union: 48

United States: 80

Canada: Varies by province, but generally there are no limits. Residents can work a maximum of seven 24-hour call shifts in a month.
METRO



Young doctors across Canada are risking fatigue and emotional burnout with their working hours. ISTOCK

(typically 80), or are required to block off five uninterrupted hours to sleep.

Rather than strictly limiting hours, hospitals and doctors' groups are turning to interventions like the resiliency curriculum developed by Resident Doctors of Canada. It's based on cognitive behavioural therapy and teaches self-monitoring.

Dr. Kimberly Williams, president of RDoC, believes long hours are not the only, or even

the most important, contributor to burnout. It's the pressure of being constantly evaluated, the lack of control over your schedule, and uncertainty about the future, she said.

Two major studies in the past month, one from the Mayo Clinic and one in the medical journal The Lancet, looked at ways institutions have tried to deal with fatigue, emotional exhaustion, and extraordinary depression rate: 29 per cent, versus 12 per

cent of the general population.

The Mayo clinic study found hospitals had the most success with organization-wide changes like regular psychological screening, leadership training for supervising doctors and bi-weekly group dinners where residents can vent to peers.

The Lancet paper, which reviewed previous studies, found pretty much all burnout-reduction programs were equally, and not very, effective. On average,

they reduced burnout rates from 54 per cent to 44 per cent, as measured by a standard psychological test.

And that's assuming those who have a problem admit it.

Many doctors don't, said one resident who has trained in both Ontario and Quebec hospitals. He didn't want us to mention his name or even his speciality.

He described workplaces with a "machismo" culture and unsustainable stress, and needed

counselling to cope.

Young doctors are often far from home, working for bosses who are depressed and irritable, and dealing with traumatic cases and patient deaths for the first time — all without a moment to breathe, he said. "I've worked 24 hours straight without a break of any kind, having a granola bar in my pocket," he said.

It's a recipe for depression: "This weird thing happens. You feel like there's no life outside of residency. You forget about yourself. You feel like a slave, and like you'll be a bad doctor."

Even going to the bathroom feels like letting down a patient and your co-workers, he added.

He said there's not a clear solution. More downtime means the need for more residents, who will need more (taxpayer-funded) jobs after training. And with more doctors on duty, studies show, there are more patient hand-offs, increasing the chance something important will be missed.

He'd like to see hospitals reduce the amount of time doctors spend on paperwork that could be done by someone else. But at the heart of the issue is the need for more rest.

"It would be very helpful to be able to do the things we did to get into med school: volunteer, be a community member, see family and friends. The culture says those things are frivolous. They're not," he said.

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SLIPS AND FALLS

Study gets grip on boot myth

This winter, thousands will feel their legs fly out from under them, and curse the icy surface that forced them to the ground.

A group of researchers is trying to prevent those winter falls by helping Canadians pick out the safest, non-slip winter boots on the market. Researchers on the iDAPT team at the Toronto Rehabilitation Institute-University Health Network examined 98 pairs and rated their grip on slippery

surfaces on a scale of one to three snowflakes.

"You put snow tires on your car in the winter, surely you should worry about the boots you're going to wear in the same weather," said Geoff Fernie, the research director at the Toronto Rehabilitation Institute.

Researchers tested the slip resistance of 98 different pairs of new winter boots on ice, including safety and casual shoes, and found that just eight per cent met minimum standards.

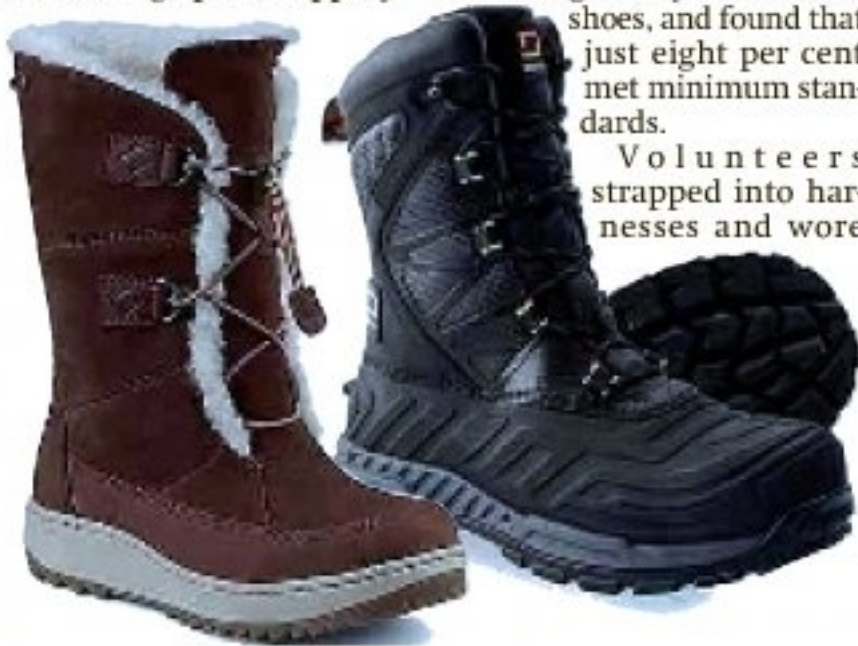
Volunteers strapped into harnesses and wore

boots in the WinterLab, a cool laboratory that recreates winter life in Canada. The Winterlab features sub-zero temperatures, blistering winds, icy sidewalks and slippery hills. Each boot was given a ranking on — what else — a snowflake scale.

Boots were measured based on the "Maximum Achievable Angle" testing method, hailed as the first of its kind. Boots that were slip-resistant at an angle of seven degrees — the angle that Ontario's accessibility guidelines specifies for curbs you see on sidewalks — were awarded one snowflake. Two stars were awarded for 11 degrees and three stars for 15 degrees. But none of the boots tested met the two or three star standard. In fact, almost none managed to crack the snowflake scale at all.

"We discovered that 90 of the boots we tested couldn't even get to seven degrees, they couldn't even get to one snowflake," Fernie said. "In fact, some of them were so bad that people couldn't stand up on level ice without their legs going out from under them like a cartoon character."

TORSTAR NEWS SERVICE



When it comes to casual boots, researchers found Sperry's Vibram Arctic Grip boots (left, \$200; Sperry.com) performed best. For safety boots, Dakota's transitional boot with "Green Diamond" soles (\$199.99; Marks.com) were the top rated.



Annie Wong has recently had two friends break up with her. STEVE RUSSELL/TORONTO STAR

The best of friends, until the bitter end

RELATIONSHIP STATUS

Platonic splits prove to be just as difficult as romantic ones

Annie Wong has been told she can be a bad friend.

Earlier this month, she and a friend were emailed by a mutual acquaintance asking about a possible artistic collaboration. In a reply-all message, what came back from the friend was a shock: "I no longer speak with Annie Wong."

Despite the pair meeting in "a magical way" on the streetcar a year ago, sharing creative interests and the intention to develop a closer bond, they didn't hang out that much. The now-former friend accused Wong of not making time for the friendship.

"She was right," said Wong on Nov. 17, a day that happened to be National Unfriend Day, a faux holiday created by comedian Jimmy Kimmel, to "protect the sacred nature of friendship," according to its Facebook page.

Wong is a self-described introvert and multidisciplinary artist who finds it hard to balance her personal life with her many gigs. She feels guilty about missing baby showers and birthdays but didn't see this breakup coming.

"When this happened it made me think about all of my friends because I've made so many interesting friends and I miss them," said Wong, 32.

Though the depths of romantic breakups are plumbed in movies, books, lovelorn poetry and songs, platonic breakups — an actual rupture, not just ghosting — can be just as devastating if

less visible, said Shasta Nelson, a California-based friendship expert and author of two books on friendship.

On a new episode of Chelsea Handler's talk show, the comedian discusses friend breakups with celebrities Trevor Noah, Sarah Jessica Parker and Julianna Margulies. But other examples are tough to recall. That lack of exposure is a shame because most women will experience the end of a friendship more often than the end of a romance.

"Chances are higher that we would have more platonic breakups in our lifetime than romantic breakups," Nelson said. "We have so many more friends than we do dating partners, but we don't talk about it very much."

The five most common threats to friendships include blame, jealousy, judgment, neglect, and non-reciprocation, said Nelson, who founded FriendsCircles.com, a friendship matching site.

There are no cultural guideposts or social models for how friend breakups should happen. Nelson recommends having "the talk" to end things with healthy closure just as one would with a lover, even if it can be awkward — which it will.

She said most people will replace half of their current close friends in seven years, a fact backed up by a longitudinal Dutch study published in 2014 in the journal *Social Networks*.

That study, based on a multi-

year survey, showed that while the average number of confidants and friends remained stable, about half of those contacts were swapped out for new ones within seven years, often due to life-changing events such as a new job, marriage or neighbourhood.

Experts say many friendships needn't end entirely, especially among the kind of pals who have been around long enough to remember childhood homes or first marriages. But there are deal-breakers, said Irene S. Levine, author of *Best Friends Forever: Surviving a Breakup with Your Best Friend* and professor of psychiatry at the New York University School of medicine.

Those include behaviour that undermines you, your career, or other relationships, such as badmouthing and gossip. It could also be behaviour that is untrustworthy, such as lying or spilling secrets, or encroaching on boundaries, such as stealing friends or copying.

Not all friendships that fail are toxic. Some just don't work. Many friendships end "when there are consistent misunderstandings, disappointments, friction," psychologist Levine said.

If that happens, be sure you're prepared to deal with the fallout.

"Once you pursue that route, there's no going back," Levine said. "You have to be very sure. You'll never be able to reclaim the friendship at the same level of intimacy." TORSTAR NEWS SERVICE



If you're building a friendship, you do invest a lot of time and emotion.

Annie Wong



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suit like video editing or singing in one of our choirs provide you with the creative outlet you need to kick off your new year."

This winter, MRU is pleased to offer some new diverse courses and certifications to help engage lifelong learners in the community.

These include some new online offerings that will get you certified quickly, some practical offerings to rebrand and tell your story and some creative pursuits to get you out of the house and enjoying yourself.

New this winter, MRU is offering new courses in creative writing, accounting software (Quickbooks), social media for business, video editing and the MRU Conservatory Calgary Zhi-Yin Choir.



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"MRU Cont. Ed. is constantly evolving and reacting to the needs of the community," says Love.

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into a new industry with some fast-tracked training or pursue a passion for pleasure or for a new entrepreneurial venture, we have what you need to take your next step."

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The Mount Royal University supply chain management extension certificate is a business program that focuses on integration, collaboration and process optimization to ensure customers' needs are met in a timely and cost-effective manner.

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management program at MRU.

"This program enables students to broaden their knowledge of the various links within the supply chain to better understand the impacts this role can have on the long-term success of an organization.

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to gain a basic knowledge of many of these branches so that they can later determine an area of primary interest," says Peleskey.

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For more information about this program, visit mru.ca/supplychain.

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'What do I really want to do every day?'

Before enrolling at Academy of Learning Career College, Christina Siemak was a real estate agent for four years in Red Deer before deciding it was time for a career change.

"It was a wonderful career where I was blessed to help people find their perfect home, but the sporadic hours and uncertainty of the future led me to ask myself, 'What do I really want to do every day?' That question led me to Academy of Learning," she says.

Having always been passionate about dental health, the dental administrative assistants program caught her eye.

"I chose this program because a diploma stands out when applying for jobs in today's economy," says Siemak.

"Having a diploma with a handpicked set of knowledge and skills lets my future employers know I invested in myself, and therefore would be a great candidate for them to invest their time and resources in me with an outcome of a great working



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relationship."

This 27-week program trains students to work in an administrative capacity in any dental setting.

Once Siemak completes this course, she would like to get a job in the field and eventually continue her education in this area.

"I feel the Academy of Learning truly lets anyone flourish at their own pace," she says.

For more information about this program, visit academyoflearning.ab.ca.

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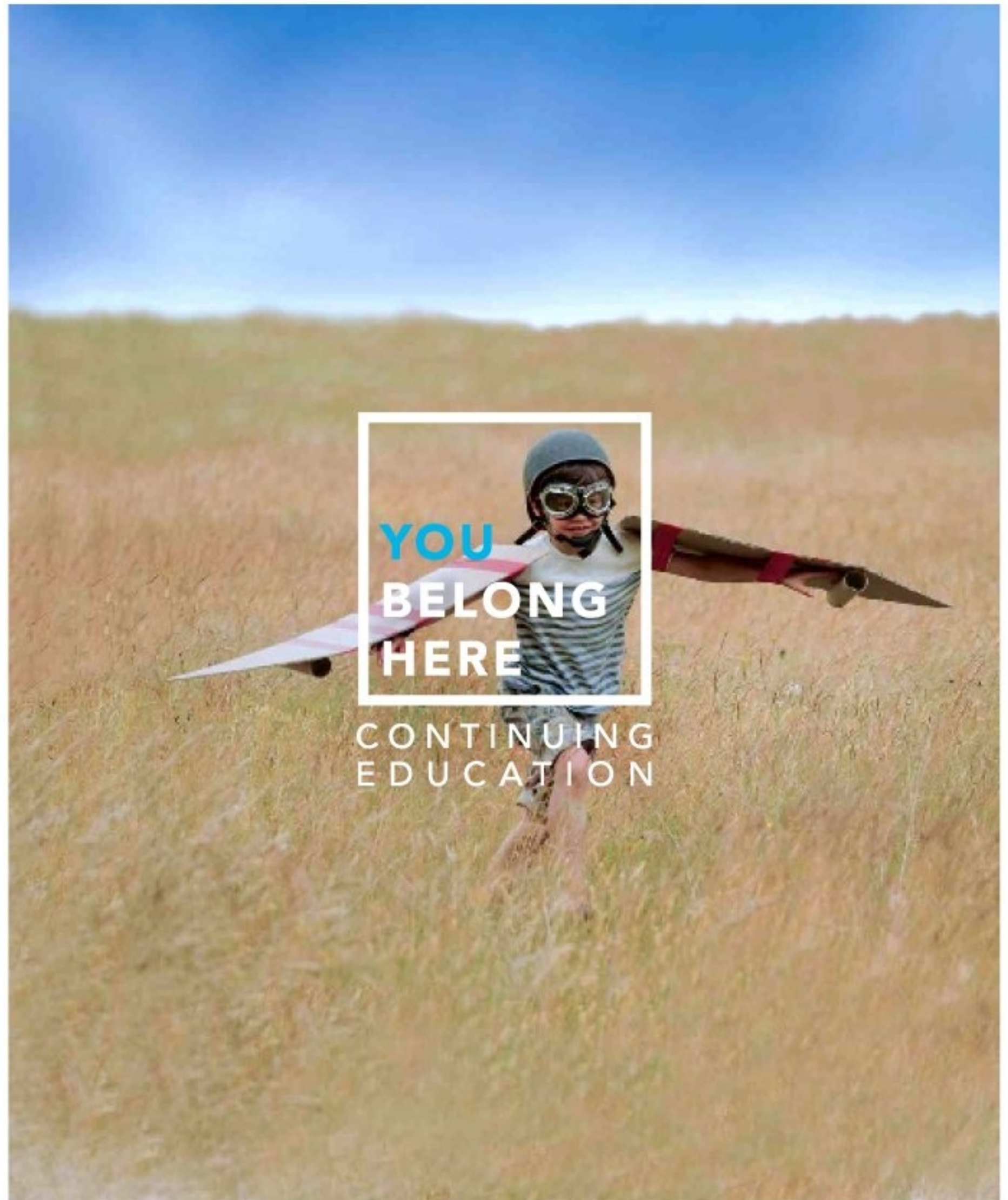
Wherever the job takes you, you'll need a particular skill set to excel as a medical office administrator. That includes professional skills like proficiency in Microsoft Outlook, Word and Excel.

You'll also need knowledge specific to the industry, including basic medical terminology, medical transcription and basic medical office clinical procedures.

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Although St. Mary's University sits on a remarkable 35-acre site, and although they are the only university in the south of Calgary, not everyone knows who they are.

"The attention that the 30th anniversary celebration has brought to our campus is a wonderful opportunity to let the community know that they have a university in their backyard," says Gerry Turcotte, PhD, president and vice-chancellor, St. Mary's University.

"And the response to this has been phenomenal, with thousands of new visitors arriving on campus every year."

Turcotte says there has been great excitement from the community to have a world-class university nearby, especially given all the opportunities it brings: national and international guest speakers, artists, programs, sporting events, choral and drama productions, ghost tours, stampede breakfasts, continuing education courses and kids summer camps.

"St. Mary's has it all," he says.

For the past 30 years, St. Mary's University has become one of the fastest growing universities in Alberta with a focus on connection and engagement.

"The 30th anniversary celebrates the transformation of an institution from a small transfer college through to a vibrant university that has grown by over 50 per cent in the last five years alone," says Turcotte.

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WHAT TO EXPECT FROM YOUR FIRST POST-SECONDARY EXAM

Remember your very first test? Palms sweating and knees shaking, you clutched onto your pencil as the teacher handed out papers, and maybe you prayed you might be able to peek over your pal's

shoulder for a few of the answers.

Years later and your first post-secondary exam is on the horizon. The nerves of the past remain, but now your panic is in part due to your not knowing what to expect when entering the exam room. So what can you study up on to prepare you for this all-new type of test?

"Definitely students should know that the weighting of the exams is different," says Alison Crerar, academic adviser and course instructor at the University of Guelph. "In high school you have many different opportunities throughout the year to build a final grade. Whereas here you can have two midterms and a final exam and that's it."

Further to that point, Crerar says students new to post-secondary don't often realize that post-secondary exams are generally set in stone, despite life's unfortunate circumstances.

"If say, your girlfriend breaks up with you the day before your exam and you're in no shape or form, you've got to speak with your counsellor and professor right away," says Crerar. "The prof might then recommend you don't take the exam, but after the fact it's very difficult to retake it."

"I also find that students are shocked when they have to complete two exams in one day," says Crerar. "But you can have three in one day. As long as it's not a conflict you should prepare to have multiple."

Roxanne Ross, manager of the student success centre at the University of Calgary, says that understanding how you will be tested and preparing accordingly is key to calming the jitters.

"Preparing for an essay exam might include identifying course themes and corresponding supporting details as well as anticipating questions and practicing timed writing," says Ross. "For multiple choice exam preparation however, students might want to focus on organizing a lot of detailed information in a way that they will be able to easily recall, such as creating diagrams, concepts maps or charts."

Ross encourages students to ask professors for clarification on the setup of the exam, as well as to confirm what they are allowed to bring along with them.

"Students are restricted in what they can bring into an exam, so ensuring they understand what is and isn't permitted is really important, such as calculators, formula sheets and study sheets."

And in the spirit of checking in on the process, Cory Haskins, professor of culinary arts at Algonquin College, reminds that exams can differ from college to university.

"This semester my class will have 2.5 hours to prepare an appetizer and main course," says Haskins, pointing out the uniquely hands-on nature of the college setting. "They will be marked on sanitation, professionalism, speed, taste, organization."

Haskins adds that although just as important, final exams in Canadian colleges often won't make up quite as much of the final mark as they do in university.

"College courses generally have a number of smaller assignments during the semester," says Haskins. "These practical classes almost all have exams but students are required to demonstrate the skills they have developed throughout the semester."

-LIZ BEDDALL

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Scholarships and awards help students thrive

Without scholarships, Trishell Provost's dreams of bringing physical activity programs to the Piikani First Nation might well be floundering. Her dedication earned her a variety of student awards.

"Without scholarships I probably wouldn't have been able to continue my studies," she says.

"I'm very grateful to donors for recognizing my hard work."

Provost was born and raised on the Piikani First Nation and schooled in Fort Macleod.

Her young son inspired her to attend university. She remembers the strong foundation she received from her parents and their support of her involvement in sports.

Working on a combined bachelor of arts and bachelor of education, Provost digitized video data, arranged workplace visits for assessments and helped write research abstracts in Dr. Jon Doan's lab last year.

"It was definitely extraordinary to see my name on research posters and papers," she says.



uLethbridge students, from left: Blaise Russell, Charlene Oka and Trishell Provost.

CONTRIBUTED

Her eventual goal is to bring programs to the reserve to engage youth in physical activities.

She also plans to bring elders and youth together so that youth can encourage elders to be active and the elders can reconnect youth to their culture and language.

"I want to contribute to making our nation a place for future generations to thrive," says Provost.

Students who apply for uLethbridge admission by Dec. 15 will be automatically considered for up to \$1,500 in student awards.

For more information, visit ulethbridge.ca/future-student.

CONNECTING DIVERSE CANDIDATES TO TRAINING AND RECRUITMENT

DiverseCity onBoard Calgary was created to support boards and organizations by offering online self-paced accessible governance training, board matching and recruitment.

"In partnership with Bow Valley College and the Centre for Excellence in Immigrant and Intercultural Advancement, the National Initiative, housed at Ryerson University, strives to educate and match those interested in board governance opportunities with boards looking for qualified candidates," says Christine Burke, business development officer, Centre for Excellence in Immigrant and Intercultural Advancement at Bow Valley College.

DiverseCity onBoard Calgary is the "go-to" program that connects qualified, pre-screened candidates from visible minority and under-represented communities to volunteer, board positions. It provides training in governance through an online learning campus supplemented by in-person discussions and events.

The connections are made through a searchable database that matches qualified diverse individuals with board opportunities.

"It is well recognized that diversity on a board is a great way to push thinking to new levels, increase creativity and build new and



CONTRIBUTED

exciting networks that were previously untapped," says Burke.

DiverseCity onBoard promotes full inclusion and offers board and individual members networking and educational opportunities through events, webinar lunch and learns and a library database online.

Growing steadily since January 2016, DiverseCity onBoard Calgary is making a positive impact on boards across the community.

"We are all about inclusion and building strong leadership in our community," says Burke. "Bringing people together, teaching all communities about one another and opening doors."

For more information, visit calgary.diversecityonboard.ca.

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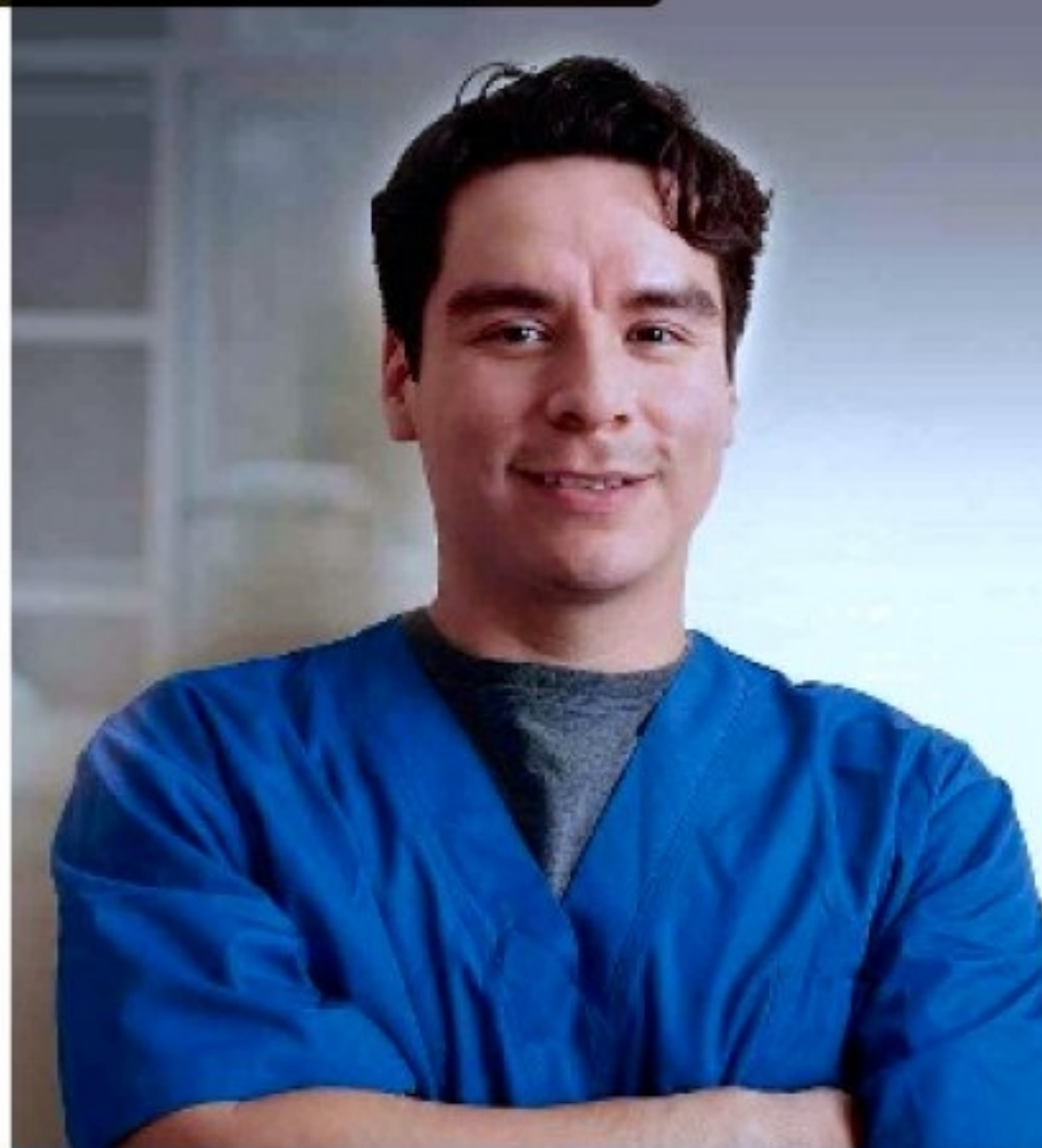


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Industry standards, as well as the economy, are always changing.

Robertson College wants all of their graduates to know that when they make a commitment to the college, the college makes the commitment to them.

"We offer a lifetime commitment of career services to all of our graduates for this reason," says Brittany Reid, employment specialist at Robertson College, Calgary Campus.

"We are here to support and guide our graduates throughout their job search and help them with their first steps into their new careers."

This is done in various ways such as resume and cover letter assistance, using social media as a platform for self-marketing, interview prep, introducing graduates to employers through job leads or graduate employment programs and career fairs organized just for Robertson alumni.

Robertson also coaches graduates on networking and how to stand out from the competition.

"It's important that the students and graduates know they have support that they need and that they don't just receive a piece of paper and we say goodbye," says Reid.

"Finding a job can be very overwhelming, even for those with plenty of experience and especially in today's economy."

To assist future graduates in their job searches, Robertson first makes sure to provide up-to-date training and watch for industry standards and trends.

Through the graduate employment program, new graduates will connect with employment opportunities throughout the city, giving the graduates an opportunity in their new chosen career while making the recruitment process simpler for the employer.

And to prepare these students for these future career opportunities, taking part in the practicum program gives students a chance to put their classroom skills to the test out in the workforce.

Robertson students and graduates can access these services at any time.

"Even if they need a pep talk over the phone before an interview, we are here for them," says Reid.

Reid says having that support means that students are able to make a solid commitment going forward with their education and career path, and it's one less thing they need to feel worried about.

"We don't just write a resume for them, or hand them a template. We take the time to guide and teach skills we hope the graduate will take with them for life," says Reid.

"We also work on their level of confidence. I'd say this is our team's favourite part, is watching the graduates' confidence grow in themselves and their ability. And that is something you will hold onto for your entire career."

For more information about the career services offered at Robertson College, visit robertsoncollege.com/career-services.

Aspiring to management positions in maintenance?

As every facility has physical assets, the maintenance management professional (MMP) plays a vital role in the infrastructure of a facility, specifically as maintenance and asset management technology evolves.

Developed and authorized by the Plant Engineering and Maintenance Association of Canada (PEMAC), the MMP certificate at Bow Valley College is designed for people aspiring to management positions in the maintenance field and those already in maintenance management looking for formal training.

"A MMP oversees the risks to people, property and the environment as it relates to the facility and provides cost effective management and valuable insight to the decision making process for future acquisitions," says Dennis Heinzlmeir, P. Eng, MMP instructor, Chiu School of Business, and vice president of the PEMAC Alberta Chapter.

"Our certificate teaches the latest technologies and proven strategies from industry leaders."

MMPs develop the knowledge to provide cost effective management of the existing physical assets and insight into future acquisitions, improvements in uptime, production capacity, equipment reliability, safety, environ-

mental compliance, economic life of assets, return on investment and effective communication between departments.

The MMP certificate has become a benchmark in professional development for maintenance practitioners.

"They are well-positioned to champion maintenance and asset management initiatives with their senior management and have the tactical knowledge to deliver results," says Heinzlmeir.

"The in-class training provides better insight so that responses go from reactive to proactive and provides avenues to connect with others to learn, share and support so that learners benefit from collective knowledge," says Heinzlmeir.

The certificate consists of eight modules and there are no prerequisites for registration.

Completion of the MMP certificate is also recognized by Alberta Industry Training for the achievement of the "Blue Seal" for business competencies of trades people.

Many of the courses required for this certificate are starting in January 2017.

PEMAC is a member of the Global Forum for Maintenance & Asset Management and a founding partner of World Partners in Asset



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Management which gives MMP graduates global recognition for completion of the MMP certificate.

For more information about the maintenance management professional certificate, visit coned.bowvalleycollege.ca/certificates.

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Learn language skills to thrive in Canada

Having to learn a new language upon arriving in a new country can be a difficult barrier to overcome.

Through the part-time language instruction for newcomers to Canada (LINC) classes at Columbia College, immigrants and refugees can begin to learn the language skills they need to thrive and survive in Canada.

"Many clients feel frustration in situations where they are not able to communicate; this might be the situation in a doctor's office, at children's school, at a bus stop, while shopping or looking to buy something or when looking for a job," says Fariba Mohammadi, language and foundational skills department manager at Columbia College.

"LINC classes mainly focus on these situation and assist learners with language and strategies that help them successfully communicate their needs and intentions."

The objectives of this program is mainly facilitating newcomers' settlement in our community by providing them language



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training and information they need to become more active in their new home.

These classes are offered in the evenings and on Saturdays on a part-time basis.

These classes are offered at various levels, beginner to intermediate.

This program is accessible to clients as long as they are not Canadian citizens, and free childcare and transportation to and from Marlborough and MaxBell stations are available to facilitate their participation.

The winter semester starts on January 2nd, 2017, and registration is now open to eligible clients.

For more information about the part-time LINC classes, visit columbia.ab.ca.

AMBROSE UNIVERSITY GRADS ACHIEVING GREAT SUCCESS

Graduates of the bachelor of education (after degree) program at Ambrose University are highly sought after, with 95 per cent of grads finding employment for the upcoming school year.

This program is designed for individuals who seek elementary teacher preparation for public schools in Alberta and Ambrose is proud the accomplishments that the graduates of this program have managed to achieve in such a short time after leaving their program.

"Two of our graduates have also been nominated for the Edwin J. Parr award for outstanding performance in their first year of teaching," says Dr. Sherry Martens, associate dean of Education, Ambrose University.

Throughout the program, Ambrose focuses on the development of relationships through small cohorts and understanding how to best meet student learning needs in classrooms.

"We emphasize excellence in teaching and in the support of developing transformative teachers," says Martens.

The program builds from a foundation of knowledge in learning theory, curriculum and philosophy that interconnects with 19 and a



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half weeks of hands on experience in schools, beginning immediately upon the start of the program.

Students can choose to carry out field experiences in the Calgary Board of Education, Rockyview Schools, Calgary Catholic Schools and charter schools in the Calgary area.

Graduation scholarships are available for students who wish to experience teaching in a local context beyond their program as well as bursaries for those who wish to pursue experiences with non-profit organizations either locally or internationally.

For more information, visit ambrose.edu.

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HAVE A CHEESY HOLIDAY

Four easy, cheesy appetizers you can whip up in only 20 minutes or less

At its best, the holiday season is a chance to get together with friends and family. And at many of those shindigs, bite-sized holiday nibbles will be the star of the show. You may find the thought of crafting countless individual appetizers overwhelming — but it doesn't have to be all that time-consuming.

Here are four festive and indulgent holiday apps you can easily throw together in the time it takes to get to the grocery store.

1. Baked Brie with cranberry sauce

Start with a round of Canadian Brie on an oven-proof dish. Top with a mixture of ¼ cup (60 mL) dried cranberries, ¼ cup (60 mL) halved pecans, 2 tbsp. (30 mL) honey and 1 tbsp (15 mL) of minced orange zest. Heat in 400°F (200°C) oven for seven to 10 minutes. Serve, warm and melting, with fresh baguette.

2. Bocconcini-tomato kebabs

Using small bamboo skewers, alternate grape tomatoes, fresh basil leaves, and small balls of Canadian Bocconcini. Sprinkle with sea salt and freshly ground black pepper and drizzle with balsamic reduction.



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3. Blue Cheese stuffed mushrooms

Remove mushroom stems and place caps in a baking dish. Stuff with clumps of Canadian Blue Cheese, sprinkle with bread crumbs and bake in the oven at 425°F (220°C) for five to seven minutes. Sprinkle with fresh thyme and drizzle lightly with balsamic reduction before serving.

4. Warm and cheesy artichoke dip

In a food processor, coarsely blend one 14-oz. (414-mL) tin of artichoke hearts (drained), 1 cup (250 mL) of mayonnaise, 1 cup (250 mL) of grated Canadian Parmesan, a dash of Tabasco and a dash of Worcestershire sauce. Transfer to oven-proof dish and bake at 400°F (200°C) for about 15 minutes, until hot and bubbling. Serve with crackers.

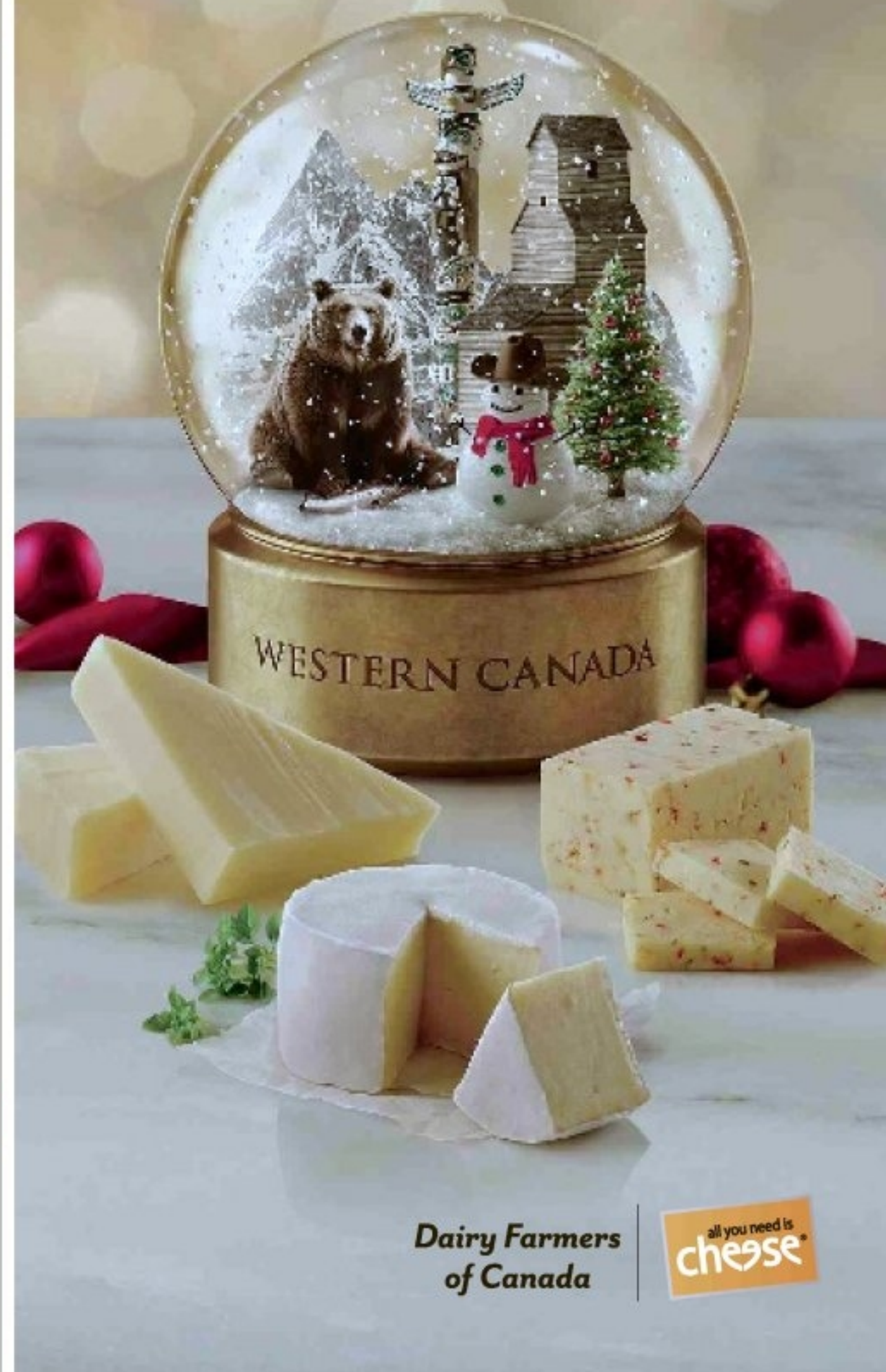
Alberta cheeses a locavore's delight

Amid Calgary's high-rises, it can be easy to forget how near it is to dairy country. With its verdant fields and pastures and plentiful supply of fresh 100 per cent Canadian, free of artificial growth hormones cow's milk, Alberta has a burgeoning number of cheese-makers. Many of them are small producers, some of whom make cheese from their own cow's milk right on-site. And, they go far beyond making Cheddar. You'll find everything from Canadian Queso Fresco to creamy Canadian Brie and Camembert and even Paneer (an East Indian cheese).

Get a Taste of Canadian Cheese

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Gaudreau ignites offence in return

FLAMES

Johnny Hockey scores in return from finger injury

The return of Johnny Gaudreau helped Calgary turn out its biggest offensive outburst of the season.

Gaudreau had a goal and an assist and Sam Bennett, Alex Chiasson and Matt Stajan each had three-point nights as eight different players scored in the Flames' 8-3 win over the Anaheim Ducks.

It was a surprise when it was revealed in the morning that Gaudreau would return to the lineup less than three weeks after surgery on a broken finger, an injury originally believed to take four to six weeks to recover from.

"I was just itching to get back out there playing with the guys," said Gaudreau, who has four goals in his last four games after scoring only two in his first 14. "It's exciting to come back in here and play with the guys. It's a long 10 games when you're watching them play."

On his first shot of his first shift, he took a drop pass from Bennett and whipped a shot past Jonathan Bernier at 2:09 to make it 1-0.

"It's pretty amazing. Johnny's



Johnny Gaudreau, left, and Sean Monahan each scored a goal against the Ducks on Sunday at Scotiabank Saddledome. LARRY MACDOUGAL/THE CANADIAN PRESS

been out for two-and-a-half or three weeks and hasn't lost a step," said Chiasson, who also got in a fight. "Some of the moves he made tonight were just stunning."

In his absence, Calgary went 6-3-1 and had played its best defensive hockey of the season, but the club wasn't scoring a lot. The Flames had not scored more than three times in a game since Oct. 28 against Ottawa.

Flames coach Glen Gulutzan inserted Gaudreau on a line with

OUTBURST

It was the most goals Calgary has scored since winning 8-1 over Edmonton on March 22, 2014.

Bennett and Chiasson.

Troy Brouwer, Dougie Hamilton, Sean Monahan and Mark Giordano also scored for Calgary (13-13-2). The Flames finished a perfect 3-0 on their homestand.

Ryan Kesler, with his 10th and 11th goals, and Logan Shaw scored for Anaheim (12-9-5). The Ducks return home after a 1-1-1 road trip through Western Canada.

Starting for the 10th time in the last 12 games, Chad Johnson had 30 stops to improve to 8-2-0 over that span. He is 10-4-1 on the season.

Jonathan Bernier went the distance for Anaheim finishing with 17 saves. His record falls to 4-2-1. THE ASSOCIATED PRESS

NCAA

Watson a Heisman finalist once more

Clemson quarterback Deshaun Watson is a Heisman Trophy finalist for the second consecutive season, joining Louisville quarterback Lamar Jackson, Michigan linebacker Jabrill Peppers and Oklahoma teammates Baker Mayfield and Dede Westbrook.

The finalists were announced Monday on ESPN and the award will be presented Saturday in New York.

Watson finished third in last year's voting, won by Alabama running back Derrick Henry. Just like last year, he heads to New York not as the favourite but as the contender coming on strong at the end. THE ASSOCIATED PRESS



Deshaun Watson GETTY IMAGES

NBA

Cavs end Raptors' win streak at six

LeBron James collected 34 points, eight rebounds and seven assists as the Cleveland Cavaliers grabbed sole ownership of first place in the Eastern Conference from the Raptors with a 116-112 win Monday, ending Toronto's six-game winning streak in yet another tense, tightly contested game.

Kevin Love posted 28 points and 14 rebounds, including six three-pointers, while Kyrie Irving overcame early foul trouble to put up 24 points and seven assists for the Cavaliers (16-5).

DeMar DeRozan led the Raptors (14-7) with 31 points, while

MONDAY In Toronto



Kyle Lowry added 24 points and nine assists.

Cleveland is now responsible for three of Toronto's seven losses this season.

The Raptors will have to wait for another chance at the Cavs. The teams won't meet again until their final game of the season on April 12. THE CANADIAN PRESS

SOCCER IN BRIEF

Blatter loses ban appeal

Sepp Blatter lost his appeal against a six-year ban by FIFA on Monday, and now has more serious legal cases lined up against him. Blatter said in a statement it was "difficult" to accept the Court of Arbitration for Sport's verdict.

The former FIFA president, who was banned for approving a \$2 million payment to Michel Platini in 2011, said he will accept the decision. He could have pursued a further appeal at Switzerland's supreme court.

THE ASSOCIATED PRESS

Tragedy-hit Chapecoense awarded Sudamericana title

The Brazilian club Chapecoense, which lost most of its players in an air crash last week, has been awarded the Copa Sudamericana championship by the governing body of South American soccer.

In a statement Monday, CONMEBOL said it awarded the title "as a posthumous homage to the victims of the fatal crash that leaves our sport in mourning." Nineteen of Chapecoense's players were killed in the crash just outside Medellin, Colombia. THE ASSOCIATED PRESS

AUTOPSY REPORT

Former Senator Svatos died of overdose



Former Senators player Marek Svatos GETTY IMAGES

Authorities say former Colorado Avalanche player Marek Svatos died of a drug overdose.

According to an autopsy report released Monday, the 34-year-old had several drugs in his system at the time of his death on Nov. 5, including anti-anxiety medication and painkillers.

It also said that drug paraphernalia was found near him at his home in the suburban Denver city of Lone Tree.

The Douglas County coroner's office concluded he died of "combined drug intoxica-

tion" but officials couldn't determine whether it was accidental or not.

The report noted that Svatos reportedly had a history of using heroin, had had suicidal thoughts and had recently experienced "life stressors" and legal issues.

The native of Kosice, Slovakia played for the Avalanche from 2004 until 2010. He also played briefly for Nashville and Ottawa.

Svatos recorded 100 goals and 72 assists in 344 regular-season NHL games. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Healthy Turkey Barley Chili



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

This healthy, fibre-rich chili has great depth of flavour and the barley adds a satisfying texture.

Ready in 30 minutes

Prep time: 5 minutes
Cook time: 25 minutes
Serves 4

Ingredients

- 1 Tbsp olive oil
- 1 large onion, finely chopped
- 1/2 stick of celery, chopped
- 2 garlic cloves, minced
- 1 carrot, chopped
- 3/4 lb ground turkey
- 2 cups low sodium chicken stock
- 1 15 oz can of white beans, rinsed and drained
- 1 cup barley
- 2 tsp ground cumin
- 2 tsp chili powder

- 1/2 tsp oregano
- 1/4 tsp salt
- 4 Tbsp of low-fat sour cream or plain yogurt

Directions

1. Heat oil in large Dutch oven. Add onion, celery and garlic. Cook 5 minutes or until onions are translucent.
2. Put turkey into pan, breaking apart with a wooden spoon. Cook 5 minutes or until no longer pink. Stir in chili powder, cumin, oregano and salt.
3. Add chicken stock, carrots and barley. Simmer for 10 minutes, stirring occasionally.
4. Add beans, mix well and cook on low heat a further 10 minutes.
5. Serve over your favourite bread with a dollop of fat-free sour cream or yogurt on top.

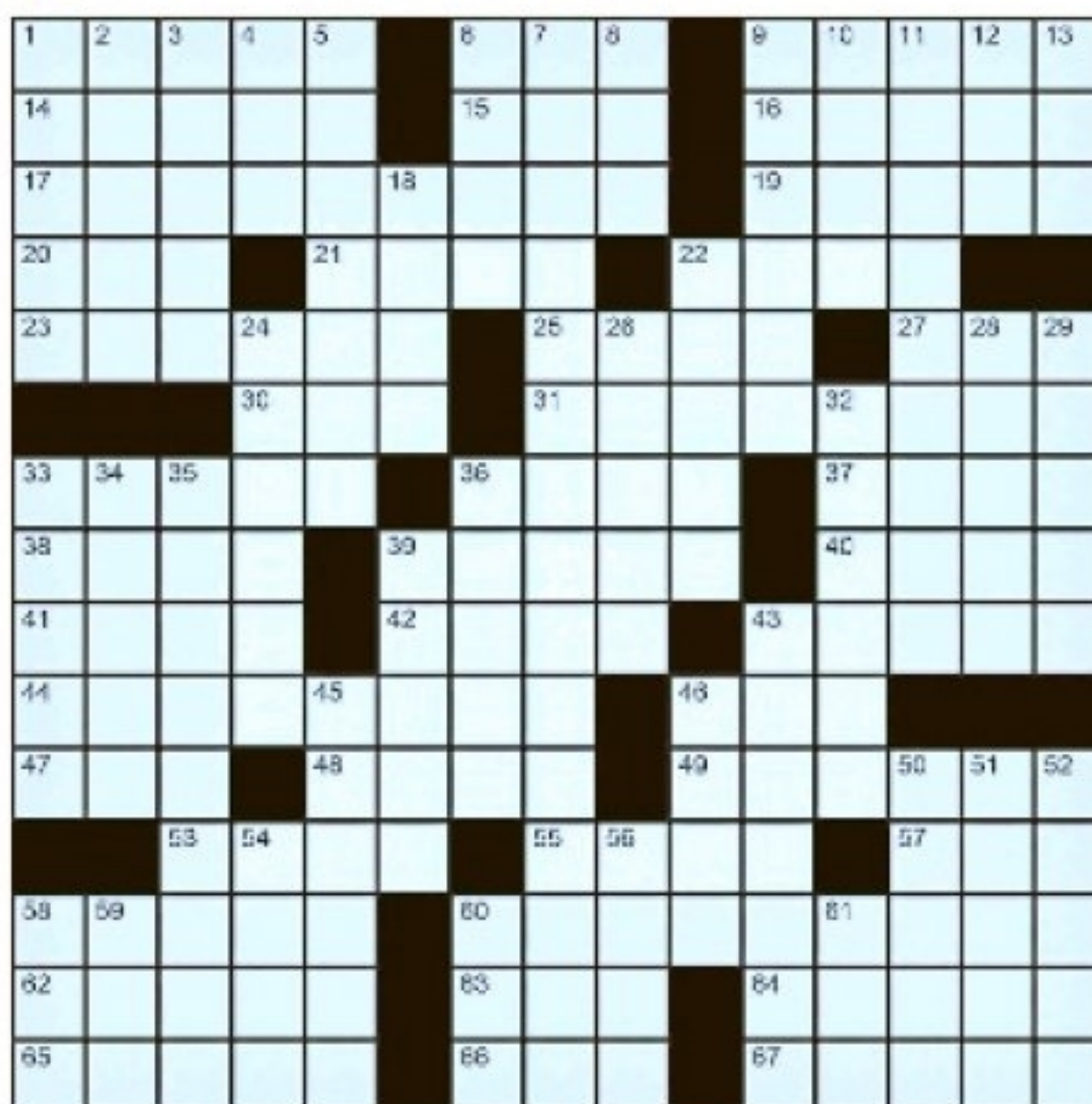
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Goldie Hawn/Kurt Russell flick, "Swing _" (1984)
6. And so on, shortened
9. Large in scale
14. " _ funny." (Rather amusing, fun-style)
15. Vital life energy
16. Can't stand
17. Nonpareil
19. Laura and Bruce of acting
20. Palindromic honorific
21. Oz dog on the silver screen
22. Water's whirl-ee
23. Security system device
25. Ancient harp
27. City of Brazil, with Paulo
30. Rimouski refusal
31. Gloomy
33. Kisses, in Spain
36. Sort of streambed
37. Care- _ (Care Bears home)
38. Having the skills: 2 wds.
39. Mature, as a mango
40. Trigonometry ratio
41. Marinate
42. Racetrack shape
43. Early _ (Morning person)
44. Off-the-cuff speaker
46. Perfect spelled-out rating
47. Novel
48. Itemize
49. Bypasses
53. Gulf of _ (It's between Somalia and Yemen)
55. She-horse



57. Assembled
58. Andrea _ (Ocean liner in 1956 headlines)
60. Unforgettable
62. Prefix with 'continental'
63. Journey's " _ Way You Want It"
64. Overly tough

- guy
65. Ashen-looking
66. Final amt.
67. Besmirch

DOWN

1. Arctic seabirds
2. Door part
3. Jude Law's charac-

- ter in "Cold Mountain" (2003)
4. Rx watchdog in The States
5. Body drawings
6. Real
7. Barenaked Ladies song: 3 wds.
8. Sophia Loren movie, "El _" (1961)

9. Football video game series: _ NFL
10. Bon Jovi lyric: "I want to lay you down in _ of roses..."
11. Cocoon-encased pre-butterfly
12. Mr. Howard of Hollywood
13. Surgery sites,

- shortly
18. _ on the cob
22. James Mason's role in "The Desert Fox" (1951), Field Marshal _ Rommel
24. "Jersey Shore" cast member
26. Swiss song, sometimes
28. "Two Hearts Beat _" by U2
29. River rollicker
32. Reno venue
33. Second largest city in South Korea after Seoul
34. Lyric poem variety
35. Loyalists
36. "The First _ Club" (1996)
39. Dr. Phil's wife
43. Rocker's amp effects
45. _-eyed
46. Produce Department selection
50. Diffuse
51. Ms. Burke of "Designing Women"
52. Turn while driving
54. Atkins _
56. _ acetate (Banana oil)
58. Dunk a bit
59. "Snakes _ Plane" (2006)
60. Front door rug
61. Sleeve

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Expect surprises when dealing with others today, especially in groups or classes. The surprise might be an event that affects everyone, or you might meet someone who is unusual or really different.

Taurus April 21 - May 21
Something will spur you into action today! Whatever it is will arouse your ambition. Be grateful that something makes you feel alive and ready for action!

Gemini May 22 - June 21
Unexpected opportunities to travel might fall into your lap today. Similarly, surprise opportunities to get further education or training might materialize. Yay!

Cancer June 22 - July 23
Keep your pockets open, because unexpected gifts and goodies might come your way today. You also could hear good news from a partner regarding money and wealth.

Leo July 24 - Aug. 23
Stay light on your feet, because a friend or a partner might throw you a curveball today. Quite likely, this person is excited about something that he or she didn't expect to happen. Enthusiasm is contagious!

Virgo Aug. 24 - Sept. 23
You have lots of energy at work today. This is a good thing, because you will have to deal with a work routine that is interrupted by surprising events. Stay on your toes!

Libra Sept. 24 - Oct. 23
Parents, take note: This will be a klutzy day for your children, so pay attention. Be extra vigilant and mindful. Do what you can to protect them from hazardous situations.

Scorpio Oct. 24 - Nov. 22
Something unexpected will happen at home today. Small appliances might break down, or minor breakages could occur. Perhaps a family member has surprising news. It could be anything.

Sagittarius Nov. 23 - Dec. 21
Be careful, because this is an accident-prone day. Therefore, be aware of everything you say and do. Keep your eyes open!

Capricorn Dec. 22 - Jan. 20
Guard your possessions and your cash flow against loss, theft or something untoward, because unexpected events might affect what you own. Check your bank account.

Aquarius Jan. 21 - Feb. 19
You feel energetic and impulsive today! This is why you will react to what others say. Guard against rash, knee-jerk behaviour.

Pisces Feb. 20 - March 20
This is a restless day for you. Perhaps something going on behind the scenes has affected you, or perhaps you just feel edgy and nervous. Don't worry. This will be gone by tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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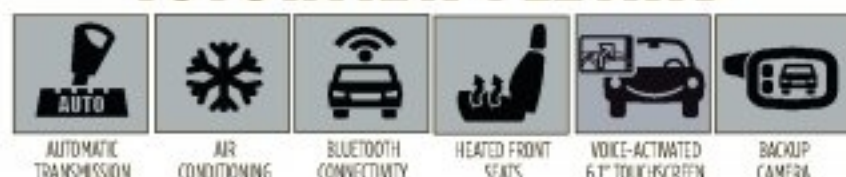
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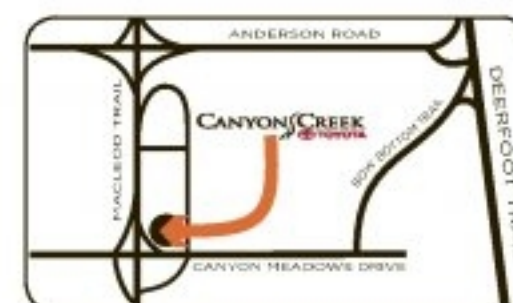
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PLEASE READ: ALL MODELS ARE NEW 2016 VEHICLES. ALL OFFERS OAC. ALL REBATES TO DEALER. ALL OFFERS INCLUDE FEES AND TAXES. GST EXCLUDED. WEEKLY LEASE PAYMENTS BASED ON 40 MONTH TERMS @ 0% (RAV4/COROLLA), 2.99% (HIGHLANDER/TACOMA) AND DRIVING LIMIT OF 14,400 KM/YR. AND DOWNPAYMENTS OF \$3,888. LEV= \$15,293 (RAV4), \$20,466 (HIGHLANDER), \$11,716 (COROLLA), \$25,398 (TACOMA), EXCESS DRIVING CHARGES OF \$0.16/KM MAY APPLY. PRIOR SALES INELIGIBLE. OFFERS END 12/31/16. CONDITIONS APPLY. CONDITIONS APPLY TO AEROPLAN OFFER. INVENTORY ACCURATE AT TIME OF PUBLICATION. PROGRAMS ARE MUTUALLY EXCLUSIVE AND CANNOT BE COMBINED. SEE DEALER FOR FULL DETAILS.

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